

ABSTRACT

Zinc (II) ions (zinc sulfate, zinc acetate and the like) originated in inorganic salts making it difficult for such ions to pass through biological membranes, thus being difficult to be incorporated in a human body. For overcoming such problems, it is necessary to develop food products with a prophylactic effect against diabetes, which contain zinc sources and have a lower toxicity than zinc (II) ions, a good stability and good fat-solubility. The present invention provides food products which have a prophylactic effect against diabetes using specified health foods, nutritional (functional) foods or the like containing natural substances that contain zinc in high concentrations (plants such as papaya, maca and the like, and yeasts such as baker's yeast, brewer's yeast and the like).